

The Big E-ssentials

Volume 2, Issue 1

February 2008

USS Enterprise CVN-65 Official Ombudsman Newsletter

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Executive Officer (XO)

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www.enterprise.navy.mil

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Family Careline

444-9398

888-485-3435

Family Readiness Group

Enlisted Families

eefrg@cinchouse.com

hub.cinchouse.com/eefrg

Officer Families

president@eofo.org

<http://www.eofo.org>

Our real problem is not our strength today; it is the vital necessity of action today to ensure our strength tomorrow.

—Dwight D. Eisenhower

From the Commanding Officer

Greetings Big E families! Hope this finds everyone healthy and happy as we finish the first month of the New Year. Well, well, well, how was that for a homecoming? Boy, was that a homerun! First, I want to say "Thank You" to every one of you who came out that day to welcome us home and a special thanks to all of you wonderful family members and friends that helped and worked on making this the best homecoming ever. It was an unbelievable sight to pull up to the pier that chilly morning to see thousands of loved ones giving us such a warm welcome. It is really great to be home and I hope that all of you enjoyed your holidays reuniting with your sailors.

Speaking of great events - I hope everyone is planning on coming to the welcome home party. It is going to be a grand event with lots of great food, fun, and prizes. It is always good to take the opportunity to celebrate as the Enterprise Family. Teruyo and I are going and are really looking forward to a great time. If you have not heard about it, then make sure you scold your spouse for not passing the information... I know Teruyo always gives me a hard time about my poor communication skills when it comes to things like this. Anyway, hope to see you there.

Now that we are back from our holiday leave periods, Enterprise is quickly getting back to work. We are preparing for an extremely important ship yard maintenance period. In fact, this is the most important ship yard period since this ship was built 47 years ago. The closer we get, the more you will hear about it... But suffice it to say, it's a big one and a very important one for our nation. We will need your love, prayers, and great spirit as we tackle this new mission for the defense of our nation. You are a critical part of our team and we will need you now, just like on deployment. Our mantra will be "Preparing for Battle, Preserving the Legend".

Thanks again for being the great families that you are. I have done many deployments in my career, but Teruyo and I can honestly say that your dedication, patience, and your ability to get the job done, on the home front, were the best we've ever seen. You are truly an inspirational group. Thank you, thank you, thank you....

OK, that's all I have for now. I look forward to seeing all of you at the Welcome Home party. Please stay safe, enjoy having your sailor home, and **keep smiling**. And never forget, Excellence starts with an E - a BIG E!

All the best,
CAPT Ron Horton



Message from the CMC

Enterprise Families,

It is so great to be home! As we come back from holiday leave and some well deserved time off I am exceptionally grateful for your support and sacrifice throughout 2007. It was a tough year wasn't it. All of you made a difference last year. Not the kind that makes 10 second snippets on the news nor the kind that people ooh and ahh over. No, you made a real difference—one that will take time to appreciate and perspective to understand. The struggle for freedom continues in the Middle East. But that struggle is closer to peace today because of you and your Sailors.



Coming home is never easy and being home is harder still. The adjustment will take time and effort from your Sailor and from you. Nothing will give me greater sadness than hearing that one of our families, who have endured so much, are now enduring unhappiness upon homecoming. Those of us who've done this for a long time know it's inevitable and happens to just about everyone at one time or another. You have friends and people who care as close as your phone. Please contact your command ombudsman if your family needs a caring ear. Don't let a moment of frustration ruin the accomplishments of an entire year. We are here. Call us.

There are lots of rumors and speculation. Some are outrageous. To place some to bed, here are some level-headed expectations:

1. We are still scheduled to enter the shipyard this spring for a long repair period.
2. We will increase the duty rotation to the maximum extent possible starting this month. Your Sailor's overnight duty rotation will be somewhere between 5 and 8 section until we are closer to the shipyard. It may go down slightly as we go in the shipyard, somewhere between 3 and 6 section is what we expect. I assure you it will be the maximum rotation we can manage with the people we have and that we will do our best to build a stable routine that protects days off and weekends so your family can plan quality time together.
3. Individual Augmentee (IA) assignments will start up soon. IA assignments are made to Sailors who temporarily augment Army and Marine Corps forces in Iraq and Afghanistan for short periods, usually 6 to 9 months. Sailors who made the entire 2007 deployment are exempt from assignment until this summer. New shipmates can be assigned sooner. Volunteers are taken at any time their skill sets match a need over there. We expect about 50-100 Enterprise Sailors to be assigned these duties at any given time starting very shortly.

I look forward to seeing all of you at the command party on February 14th. It will be a Valentines Day to remember at the Norfolk Marriot Waterside. More details on the party are available in this installment of the Ombudsman Newsletter.

Finally, I have to thank the spectacular homecoming team in our Family Readiness Groups and

Navy & Marine Corps Relief Society

Emergency After-hours	444-NAVY
Dam Neck	492-6449
NAB Little Creek	464-9364
NAS Oceana	425-5789
Naval Station Norfolk	423-8830
Naval Med Ctr Portsmouth	953-5956
Naval Weapons Station	877-4798

Red Cross

Emergency Svc. Ctr.	1-877-272-7337
Hampton Roads Chapter	836-7320
Langley AFB Military ARC	225-4060
Naval Station Norfolk	440-1111
Southeast VA Chapter	446-7700

Military One Source

Available 24/7
1-800-342-9647
www.militaryonesource.com
User ID: military
Password: onesource

Affected Navy Family Assistance

www.navyfamily.navy.mil
1-877-414-5358

TRICARE Appointments

1-866-645-4584

TRICARE Information & Assistance

Beneficiary Counseling &

Assistance Coordinators (BCACs):

Boone Branch Clinic
757-953-8183/8185

Naval Medical Center Portsmouth
757-953-2610/2611

Northwest Branch Health Clinic
757-421-8220

Oceana Branch Health Clinic
757-953-3933 (Option 7)

Sewells Point Branch Health Clinic
757-953-8708

TRICARE Prime Clinic VA Beach
757-953-6710/6711

TRICARE Prime Clinic Chesapeake
757-953-6382

Yorktown Branch Health Clinic
757-953-8441

Yorktown Coast Guard Health Clinic
757-856-2147

Exceptional Family Member Program
757-953-7805

DEERS (DMDC Support Center)
1-800-538-9552

Enterprise Enlisted Family Readiness Group

There will be no February meeting. The next meeting will be March 18th, 2008 at 7pm behind the Hobby Shop on the Norfolk Base.

EEFRG is looking for board members.

Please consider volunteering your time!

Welcome Home Celebration



MWR will be hosting a Valentine's Day and Mardi Gras Welcome Home Celebration to recognize the crew and their families for all their efforts while on deployment.

- The Party will take place at the Norfolk Waterside Marriott from 1800 - 0000 on 14 February 2008.
- Tickets to the Party are \$10/person for E-6 and below, \$15/person for E-7 - O3, and \$20/person for O4 and above.
- The attire is semi-formal so come "Dressed to Impress". Jeans, tennis shoes, and sweatshirts will not be allowed.

- **2 Themed Ball rooms** professionally decorated in a Mardi Gras and Valentine Theme. **You are allowed to go from one room to the other.**

- The Mardi Gras room will be completely decorated in True New Orleans feel complete with colors of golds, purples and blues and masks, feathers and beads.
- The Valentine will be a romantic feel in reds and whites with a gazebo, roses, candles, and white masks to give that Phantom of the Opera feel. There will also be **3 Chocolate Fountains for dipping.**
- Both floors will display pictures taken through out the cruise.
- We will show a video from deployment and possible an XO Movie Night skit for our families to see.
- A **Casino area** with Blackjack Tables, Poker Table, Roulette, Craps Table and Slot Machines to allow those that do not want to sit in the ball rooms to have some fun as well. **FAKE MONEY ONLY.**
- There will be 2 DJ's with Ambient LED room lighting, light shows, plasma screens and projectors for video shows as well as a live camera on the dance floor.
- There will be a pianist playing romantic and jazz music
- Buffet dinner in one of two themed rooms (normal cost is \$40.00 per plate)
- **\$20,000 worth of prizes** will be handed out consisting of televisions, I-Touches, I-Pods, Laptop Computers, GPS systems, Surround Sound System, Various Gaming Systems, and Gift Cards.
- A photographer will be available to take pictures with either a Mardi Gras or a Valentine back drop.
- Childcare for children ages 6 weeks through 12 years will be available for the duration of the party for only **\$1 per child.** However, you must sign up and purchase your child care through the MWR Ticket window **no later than 8 February.** The total number of children allowed is limited so you are strongly encouraged to sign up early.
- The Norfolk Waterside Marriott has extended a special rate for all ENTERPRISE Crew members of \$75/night on 14 February. To reserve a room at this special rate you must call the hotel directly at 1-800-874-0264 or 1-800-228-9290 and identify yourself as an ENTERPRISE Crewmember **no later than 8 February 2008.** The number of rooms available is limited so reserve one early.
- MWR vans will be available to shuttle personnel requiring transportation from the ship to the hotel.



Celebrate Responsibly

Celebrate at the Welcome Home Celebration by using safety first and designating a driver before the party begins.

Please don't drink and drive; remember to buckle your safety belt -- it's your best defense against a drunk driver. Drunk driving is one of America's most-often-committed and deadliest crimes. Let's make sure we are able to continue celebrating many more home-comings by buckling up and designating a sober driver before any drinking begins.



BUILDING HEALTHY RELATIONSHIPS

Fleet and Family Support Centers are now offering a highly popular program for couples called ***Building Healthy Relationships (BHR)***. Research has shown that there are ten basic needs in every romantic relationship but the top five needs for men are the bottom five needs for women - and vice versa. When treating our mates the way we wish to be treated, then, we are often doing the very opposite of what our mate prefers thus leaving their needs unmet.

Meeting our mate's needs comes naturally while dating but often diminishes once married. Couples who fail to habitually and routinely meet those needs do so by accident or because they just didn't know. Each partner suffers with hurt and anger and eventually become "emotionally bankrupt". Divorce may soon follow.

Add to this the increased stress to military relationships brought on by regular deployments and it becomes clear that conflict situations will easily escalate.

Topics include:

- ⇒ Identifying the needs of you and your mate
- ⇒ Learn what Emotional Record Keeping is and how to maintain it
- ⇒ Identify your most dominant temperament (personality) and how each temperament handles conflict and stress
- ⇒ Discovering effective communication skills
- ⇒ How to create stronger friendships
- ⇒ The Art of Apology and why this is crucial in relationships

Couples who are richly detailed in their partner's life are far better prepared to cope with stressful events and conflict.
- John Gottman, PhD, author of *Seven Principles to Making Marriage work* (and many other books)

Recent Participant comments include:

"If you ever wanted to know if you've changed a life, know that after that class you have changed mine forever!"

"That program is the talk of the town this morning."

"I really enjoyed this training and learned more about my relationship."

"I would recommend it to anybody in a relationship."

"I enjoyed the class. It made me think of my relationship in a way I hadn't before."

From a man who had recently filed for divorce "I think I'll go back and try to make things work again."

"This program should be mandatory for all sailors, especially in the pre-deployment phase."

"I'm going to sit through this program a second time and have my wife sit through it."

"I appreciate all your hard work here on our ship and so does my marriage!"

"All the couples counseling we received doesn't compare to what we learned in this program."

For more information please contact:

Shannon Whelan

Life Skills Education & Training

Fleet & Family Support Center

757-444-2102 or 800-FSC-LINE

www.ffscnorva.navy.mil

shannon.whelan.ctr@navy.mil



Building Healthy Relationships Workshop
March 4th and 6th

5:00 pm—8:00 pm in Wardroom 2

Sessions include a nice dinner in the Wardroom

Attire is casual civilian

RSVP for you and your spouse to AC3 Cole, Assistant to the CMC, at 444-2390

Military Saves Campaign

Build wealth; not debt! Military Saves Week (24 February - 02 March 2008) is a week of intense focus on taking financial action and making a commitment to save money. A variety of partners work with command leadership to publicize Military Saves Week, encourage military members and their families to enroll as a Saver at www.militarysaves.org and offer special events, classes and resources that focus on individual financial fitness. Partners include: Command Financial Specialists (CFS), Fleet and Family Support Centers (FFSC), Public Affairs Offices (PAO), installation banks and credit unions, Child and Youth Programs (CYP), Morale, Welfare, and Recreation (MWR), installation Bank Liaison Officers, commissary, schools, and more.

To learn about Military Saves Week 2008 events at your installation, contact your Fleet and Family Support Center. Encourage military members, spouses and youth to participate in Military Saves Week classes, workshops and special events. Everyone, including you, can start today by enrolling as a Saver at www.militarysaves.org and take action to improve individual financial fitness!

The Military Saves Campaign is a social marketing campaign to persuade, motivate and encourage military members and their families to save money and reduce consumer debt. The parent campaign, America Saves, is sponsored by Consumer Federation of America (CFA) and is a non-profit partner in the DoD Financial Readiness Campaign. CFA is a federation of consumer education, advocacy and cooperative organizations committed to advancing the consumer interest.

Military Saves is an ongoing campaign that engages leadership in promoting wealth-building messages for military members to help them set goals for saving money, open savings accounts, make regular contributions to household savings, increase debt payments and participate in financial education programs. The campaign is a command initiative in which leadership can work to create a culture of saving and financial readiness.

The Navy's POC for the Military Saves Campaign is Ms. Kelly Dempsey and can be reached at kelly.dempsey.ctr@navy.mil or (202) 433-4639/DSN 288.



For the third consecutive year, the Department of Defense provides this service at no cost to service members and their families. Effective January 14, 2008, service members can access H&R Block TaxCut Basic Online through www.militaryonesource.com and complete their own federal and state tax returns electronically. Military OneSource also offers telephonic tax support for those with questions about their returns.

Eligibility: Eligible users are active duty, Army and Air National Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, and severely injured service members or family members handling their affairs.

Program access: Users must create a membership on Military OneSource Online and log into the site. Once logged on, follow the directions on how to access TaxCut Online.

Services: Participants will have free access to the H&R Block Basic TaxCut program. Those with more complicated returns may incur charges if they upgrade to the H&R Block TaxCut Premium program. Participants can e-file one state resident return for each federal return that they e-file with TaxCut Online.

Questions? Military OneSource tax consultants are available by phone and by e-mail to help you with personal tax-related questions and financial planning. They can even help plan how to use your refund wisely by providing tips on saving or paying off debt.



444-NAVY or 1-800-FSC-LINE
www.ffscnorva.navy.mil

FFSC Little Creek	462-7563
FFSC Newport News	688-NAVY
FFSC Norfolk	444-2102
FFSC Northwest	421-8770
FFSC Oceana	433-2912
FFSC Yorktown	887-4606
New Parent Support Program	462-8024

Commissaries

Fort Eustis	878-5608
Langley AFB	764-7604
NAB Little Creek	464-3561
Naval Station Norfolk	428-6401
Norfolk Naval Shipyard, Portsmouth	397-8878

Exchanges

Dam Neck	492-7789
Fort Eustis	887-0293
Fort Monroe	722-0794
Langley AFB	766-1282
NAB Little Creek	425-4260
Naval Station Norfolk	440-2000
Naval Medical Center, Portsmouth	397-5857
Naval Weapons Station, Yorktown	887-0690
Norfolk Naval Shipyard, Portsmouth	391-3400

Always bear in mind that your own resolution to success is more important than any other one thing.
—Abraham Lincoln

COMPASS - A Spouse-to-Spouse Mentoring Program

COMPASS provides classes that help military spouses

- Understand the Navy lifestyle better
- Get to know their Navy community and what it has to offer
- Find friends outside their spouse's command
- Open to ALL Navy Spouses, enlisted or officer, married 1 day or more!
- COMPASS is free!

Reservations are required.

Call 757-322-9199 or email: compassnorfolk@nsfamilyline.org

to reserve a seat and start navigating the maze of the Navy lifestyle!

COMPASS 2008 class schedule:

February 5-6-7, 6:00-9:00 p.m.

March 4-5-6, 9:30 a.m.-1:15 p.m.

April 1-2-3, 6:00-9:00 p.m.

Refreshments and child care reimbursement are provided.



From the Ombudsmen...

Now that your honey has returned, you may have found that you can't just pick up where you left off last July. Having your spouse home again will bring your lives back into harmony with each other eventually, but sometimes it is not an overnight or easily accomplished task. Now that your spouse has returned they realize that family routines have been established without them. It may make them question where they fit in the family. Our sailors need reassurance that they are needed, wanted, and appreciated. Conveying the message that life is much sweeter when they are home, while reassuring them that the family didn't fall apart when they left, may seem like walking a tight rope. However, it is as simple as saying, "We really missed you. Life is much better when you are here." Let your spouse know that they were dearly missed, but don't dwell on the fact that they weren't there. Take some time to reestablish your relationship as a couple. Be patient with each other. Marriage needs to be continually nurtured, and yours is six months behind in that department. Talking and listening to the needs of your partner and allowing time to adjust to life with the family again may take a while, but it will happen. If you feel like you need help, please consider signing up for the Building Healthy Relationships Workshop on the ship March 4th and 6th. You won't regret it.

We would like to take this opportunity to wish you all a happy New Year. Our wish for you is that 2008 will be filled with good health and much happiness. As always we are here if you need us. Give us a call and we will help you find the answers to your questions or concerns.

